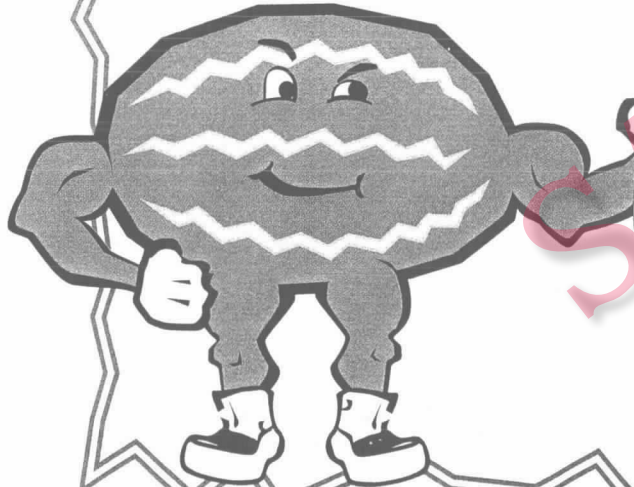


Bienestar Health Program

Physical Education
Activities
Grades K-5



Introduction and Purpose

In recent years the national media has turned its attention to the exploding overweight and obesity epidemic that has become a plague in this country. According to government estimates 66 percent of adults in this country are overweight and 33% are obese. An estimated 15 percent of children and adolescents ages 6-19 years are overweight. The rates of diabetes have also risen dramatically. The American Diabetes Association estimates that more than 18 million Americans have diabetes and another 41 million have pre-diabetes. Making the problem worse is that every year more and more children are now developing Type 2 diabetes.

The Bienestar Health Program is a bilingual school-based health program that aims to decrease dietary fat, to increase dietary fiber intake, to increase physical fitness levels, to prevent obesity, and to prevent diabetes. The program is research based and implements kinder through fifth grade learning activities stemming from a Social Cognitive Theory. The Bienestar Health Program has shown significant impacts on children's healthful beliefs, behaviors, and biological measurements and is the only program in Texas shown to modify the behavioral and biological risk factors associated with diabetes in at-risk children.

The purpose of the Bienestar Health Program: Physical Education Activities manual is to aid physical education facilitators in promoting a variety of physical activities many of which are already familiar and easily accessible. One of the risk factors contributing to the onset of Type 2 diabetes is a low level of daily activity. The physical education instructor can have a great positive impact on children's views and attitudes about their present and future state of health. The Physical Education Activities manual meets physical education and health education TEKS by grade level. The manual is user friendly and laid out in a format that is easy to understand and follow. Each lesson in the manual provides the instructor with:

- Objectives of the lesson
- Equipment necessary for the lesson
- A step-by-step description of the activity
- A Bienestar Daily Health Message that emphasizes nutrition or physical activities

The lessons may be modified as needed as long as the core objectives are maintained and students receive the Daily Health Message.



Tag Games

Lesson 1: Zoo Tag



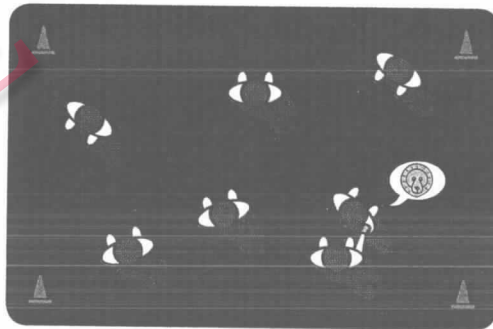
Objectives: The Student will:

- Develop cardiovascular endurance, agility, speed, and cognitive thinking skills in nutrition.

Equipment: Four or more cones.

Activity:

1. Designate game boundaries with cones for students to play tag. Be sure the area is safe for students to run, stop, chase, and dodge, such as grass etc.
2. On the signal, 2 students will try to tag other students. The first time a student is tagged, they must name an animal they have seen at the zoo, or imagine to be at the zoo, to be able to continue to play. If the student cannot name an animal, then they are "it" too.
3. Continue to play this game until everyone has been tagged.



Bienestar Daily Health Message:

Drink a glass of real (100%) orange juice with your breakfast.

Bienestar, mensaje diario de la salud:

Toma un vaso de jugo de naranja natural (100%) al desayuno.

TEKS by Grade Level

P.E.:

K: Intro a-2,3; K.1A,B; K.3A,B; K.6A,B; K.7A,B

1st: Intro a-2; 1.1A,D; 1.3A; 1.6A,B; 1.7A,B

2nd: Intro a-1; 2.1A,B; 2.2A; 2.3A,B,C; 2.4A; 2.5A; 2.6A,B; 2.7A,B

Health Education: Intro a-1, K.1B, Intro a-1, 1.1A, Intro a-1, 2.1D,G; Intro a-1; 3.1C
